

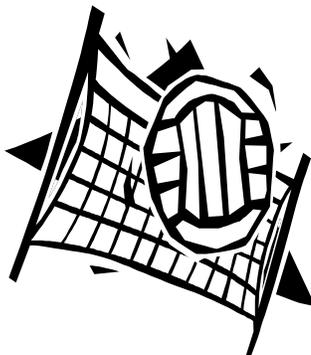
YOUTH FIRST

COACHES LEARNING ABOUT YOUTH SPORTS
THE SPORTS EDUCATION AND LEADERSHIP PROGRAM
AT UNLV

Would You Define Aggression As Being Different Than Violence?

<p>In coaching young female athletes, you should know if there being aggressive or violent towards opposing or other teammates. The answer to this question then is that there is a huge difference between aggression and violence. According to Jason Arquilla a sports psychologist, aggression can be defined as an act used to gain power and it can be used in any setting. In turn violence is an intent to harm. Violence would be ethically wrong sports. Coaches of all sports will run into some of there</p>	<p>female athletes turning aggressive in different situations. Take for instance a softball pitcher being hit by the ball when batting. Then when she is pitching to the player that hit her she in turn pegs her purposely. The question is whether the softball pitcher wanted to inflict pain or just wanted to keep the other player in line. Coaches of young females will encounter this all the time and have to know how to handle these situations. According to Goldstein,</p>	<p>there seems to be two main types of aggression. The first one being called destructive aggression (not violence) is characterized by activities which are hurtful to others. The second one constructive aggressiveness would be a virtue that contains qualities such as self-assertion and self-affirmation, physical and social courage. These two forms of aggression can be based upon legality and effect. For example, if the aggressor's act is within</p>	<p>the formal rules of the contest and the recipient of this aggressive act does not sustain an injury beyond what would be considered appropriate then the aggressive act may be seen as constructive. It is important for coaches to not let there young female athletes turn constructive aggressiveness into violence. Coaches need to remember that there is a difference and aggression will remain part of sport.</p>
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Some Key Points That Coaches Should Know About Aggression:



- If the athlete is already pumped up, to provoke her to be more aggressive is unwise. This will likely reduce performance quality.
- If winning is an important goal, aggressive behavior, if used at all, is more effective early in the contest.
- Expose athletes to models, or examples, of individuals who have succeeded without aggression but by using good skills.

Is There A Difference In Aggression Between Young Male And Young Female Athletes?

This question is one that arises often, but is a difficult one to answer. First, we have to look at early sport and see that it was created to serve men in valuing strength, power and competition. According to Huckaby, early female sport was originated to address the expressed need for helpful exercise. Unlike, the competitive edge of male sports, female sports were characterized by participation, cooperation, and play. If that was the case now young female's in sport would be characterized as having less aggression than males.

In today's society it is acceptable for gymnastics, swimming, and tennis and movements are graceful. Females playing sports with football, wrestling, and baseball seem to be based on some kind of aggression. As a coach you will find



can be put on the same levels as males. It seems to be a true fact that when females demonstrate that they are capable of competing on the same level as their male counterparts, they contain the same amount of aggressiveness as males. Also, because of this males have no defense that they are physiologically superior than females. Depending on the sport you are coaching you will see different types of aggression in female athletes. Every female athlete is different and contain higher levels of aggression than others. There will always be a generalization that females are less aggressive than males.

Based on what we believe in today's women to participate in sports such as tennis where the female form is revealed and non-confrontational. In contrast more body to body contact such as football is met with disapproval. Male sports of face to face interaction and aggression the dilemma whether or not female's

Significant Factors That Can Lead Young Females To Reveal Aggressive Behavior.

- Learned aggressive behaviors through friends or family.
- Poor communication skills.
- Low self-esteem and negative self perception.
- Pent-up emotions.
- Impulsiveness.
- Limited cognitive abilities.
- Witnessing violence whether it be in a sporting event or on television.
- Misdirected Parental Activity and support.

Quote For The Coach:

"A coach is someone who always makes you do what you don't want to do, so you can be who you've always wanted to be."